

Vegetarian Kofta Balls Curry - Vegan

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-vegetarian-kofta-balls-recipe>

Ingredients:

- 4 cups chickpea flour
- 1 yellow onion very finely chopped
- 1 cup oil + 3 tablespoons for frying
- 1/2 cup water added two table spoons at a time to check consistency
- 1/2 cup Italian parsley chopped
- 2 tablespoons nutritional yeast
- 1 tablespoon red chillies finely chopped, Optional. Omit or adjust quantity to suit your tolerance for heat.
- salt
- black pepper
- 1 white onion large, finely chopped
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 1 teaspoon black mustard seeds
- 6 curry leaves
- 2 tablespoons oil
- 3 dried chiles Omit or adjust according to your desired level of heat.
- 1 whole peeled tomatoes chopped
- 1/2 teaspoon ground turmeric
- 1 cup fresh cilantro roughly chopped
- salt
- 1 1/2 cups water
- black pepper

Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 67 grams

3. Fat: 71 grams
 4. Fiber: 15 grams
 5. Protein: 25 grams
 6. SaturatedFat: 6 grams
 7. Sodium: 470 milligrams
 8. Sugar: 13 grams
-

Thank you for visiting our website. Hope you enjoy Vegetarian Kofta Balls Curry - Vegan above. You can see more 19 indian vegetarian kofta balls recipe Experience flavor like never before! to get more great cooking ideas.